

SEPTEMBER BREAKFAST



AW BROWN LEADERSHIP ACADEMY K - 8 BREAKFAST

Monday	Tuesday	Wednesday	Thursday	Friday
August 30, 2021	August 31, 2021	September 1, 2021	September 2, 2021	September 3, 2021
		WAFFLES ^ Fresh Apple Syrup Choice of Milk	PILLSBURY GRAPE CRESCENT ^ Fresh Banana Blended Fruit Juice Choice of Milk	BLUEBERRY MINI MUFFIN ^ String Cheese Fresh Apple Choice of Milk
September 6, 2021	September 7, 2021	September 8, 2021	September 9, 2021	September 10, 2021
LABOR DAY	FRUITY CHEERIOS^ Maple Breakfast Square ^ Dried Cranberries Blended Fruit Juice Choice of Milk	PANCAKES ^ Fresh Apple Syrup Choice of Milk	CHICKEN BISCUIT ^ Fresh Banana Grape Juice Honey Choice of Milk	FROSTED FLAKES ^ Vanilla Waffle Square ^ Fresh Apple Choice of Milk
September 13, 2021	September 14, 2021	September 15, 2021	September 16, 2021	September 17, 2021
RICE CHEX ^ Strawberry Pancake Square ^ Dried Cranberries Apple-Cranberry Juice Choice of Milk	CHERRY FRUDEL^ Diced Peaches Blended Fruit Juice Choice of Milk	TURKEY HAM & CHEESE ON ENGLISH MUFFIN ^ Fresh Apple Grape Jelly Choice of Milk	FRENCH TOAST STICKS ^ Fresh Banana Orange Juice Syrup Choice of Milk	STRAWBERRY YOGURT Granola ^ Fresh Apple Choice of Milk
September 20, 2021	September 21, 2021	September 22, 2021	September 23, 2021	September 24, 2021
APPLE CINNAMON CHEERIOS ^ Graham Crackers ^ Craisins Orange Juice Choice of Milk	WAFFLES ^ Mixed Fruit Cup Apple-Cranberry Juice Syrup Choice of Milk	CHICKEN BISCUIT ^ Fresh Apple Honey Choice of Milk	EGG & CHEESE ON ENGLISH MUFFIN ^ Fresh Banana Blended Fruit Juice Grape Jelly Choice of Milk	CHERRY BREAKFAST BAR ^ String Cheese Fresh Apple Choice of Milk
September 27, 2021	September 28, 2021	September 29, 2021	September 30, 2021	October 1, 2021
CINNAMON TOAST CRUNCH ^ Vanilla Waffle Square Craisins Grape Juice Choice of Milk	CHEESY EGG TATER TOT-CHOS Graham Crackers ^ Orange Juice Choice of Milk	FRENCH TOAST STICKS ^ Fresh Apple Syrup Choice of Milk	PANCAKES ^ Fresh Banana Apple-Cranberry Juice Syrup Choice of Milk	

ALL MEALS SERVED WITH APPROPRIATE CONDIMENTS AND A CHOICE OF 1% AND FAT FREE MILK. ** MENU SUBJECT TO CHANGE **

^ Denotes item is whole-grain/whole wheat

*** This institution is an equal opportunity provider.

Find your school's menus online at: preferredmealsmenu.com



The U.S. Department of Agriculture prohibits discrimination against its customers, employees, and applicants for employment on the bases of race, color, national origin, age, disability, sex, gender identity, religion, reprisal, and where applicable, political beliefs, marital status, familial or parental status, sexual orientation, or all or part of an individual's income is derived from any public assistance program, or protected genetic information in employment or in any program or activity conducted or funded by the Department. (Not all prohibited bases will apply to all program and/or employment activities.) If you wish to file a Civil Rights program complaint of discrimination, complete the USDA Program Discrimination Complaint Form, found online at http://www.nscs.usda.gov/complaint_filing_cust.html, or at any USDA office, or call (866)632-9992 to request the form. You may also write a letter containing all of the information requested in the form. Send your completed complaint form or letter to us by mail at U.S. Department of Agriculture, Director, Office of Adjudication, 1400 Independence Avenue, S.W., Washington D.C. 20250-9410, by fax (202)690-7442 or email program.intake@usda.gov. Individuals who are deaf, hard of hearing or have speech disabilities may contact USDA through the Federal Relay Service at (800)877-8339 or (800)845-6136 (Spanish). USDA is an equal opportunity provider and employer.

Nutritional Information: AW BROWN GENESIS CAMPUS

Nutrition Information and menus are planned using a blended estimate of milk choices served in schools. For individual milk nutrients consult actual labels on cartons served at the school.

	Item Name	Calories	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates(g)	Fiber (g)	Sugar (g)	Protein (g)	Vitamin A (IU)	Vitamin C (mg)	Calcium (mg)	Iron (mg)	Contributions
09-01-2021	WAFFLES ^	140	5	0	0	0	190	22	0	2	4	0	0	0	1	G/B:2sv WG
	Fresh Apple	64	0	0	0	0	1	17	3	13	0	4	6	7	0	F:1c
	Syrup	80	0	0	0	0	10	20	0	10	0	0	0	0	0	
	Choice of Milk	121	1	1	0	8	139	19	0	17	8	493	0	302	0	
09-02-2021	PILLSBURY GRAPE CRESCENT ^	210	6	1	0	0	260	35	2	9	5	0	0	20	1	G/B:2sv WG
	Fresh Banana	105	0	0	0	0	1	27	3	14	1	23	10	6	0	F:1/2c BW-PLANT
	Blended Fruit Juice	60	0	0	0	0	10	14	0	13	0	0	0	0	0	F:1/2c BW-PLANT
	Choice of Milk	121	1	1	0	8	139	19	0	17	8	493	0	302	0	
09-03-2021	BLUEBERRY MINI MUFFIN ^	118	3	0	0	18	74	20	2	8	2	34	1	5	1	G/B:1sv WG
	String Cheese	80	5	3	0	15	200	0	0	0	7	200	0	200	0	MMA:1oz
	Fresh Apple	64	0	0	0	0	1	17	3	13	0	4	6	7	0	F:1c
	Choice of Milk	121	1	1	0	8	139	19	0	17	8	493	0	302	0	
09-06-2021	LABOR DAY	0	0	0	0	0	0	0	0	0	0	0	0	0	0	
09-07-2021	FRUITY CHEERIOS^	120	2	0	0	0	140	25	2	9	3	400	48	80	3	G/B:1sv WG
	Maple Breakfast Square ^	110	4	1	0	0	40	17	1	6	2	0	0	0	0	G/B:1sv WG
	Dried Cranberries	110	0	0	0	0	0	27	2	24	0	0	0	0	0	F:1/2c
	Blended Fruit Juice	60	0	0	0	0	10	14	0	13	0	0	0	0	0	F:1/2c BW-PLANT
	Choice of Milk	121	1	1	0	8	139	19	0	17	8	493	0	302	0	
09-08-2021	PANCAKES ^	130	2	0	0	5	240	26	3	6	4	0	0	63	1	G/B:2sv WG
	Fresh Apple	64	0	0	0	0	1	17	3	13	0	4	6	7	0	F:1c
	Syrup	80	0	0	0	0	10	20	0	10	0	0	0	0	0	
	Choice of Milk	121	1	1	0	8	139	19	0	17	8	493	0	302	0	

	STRAWBERRY YOGURT	70	0	0	0	0	60	14	0	10	4	0	0	150	0	MMA:1oz BW-PRO
	Granola ^	120	4	0	0	0	20	19	2	4	4	0	0	10	1	G/B:1sv WG
	Fresh Apple	64	0	0	0	0	1	17	3	13	0	4	6	7	0	F:1c
	Choice of Milk	121	1	1	0	8	139	19	0	17	8	493	0	302	0	
09-20-2021																
	APPLE CINNAMON CHEERIOS ^	110	2	0	0	0	110	23	2	9	2	300	4	60	3	G/B:1sv WG
	Graham Crackers ^	90	2	0	0	0	100	17	1	4	2	0	0	10	1	G/B:1sv WG
	Craisins	110	0	0	0	0	0	27	2	24	0	0	0	0	0	F:1/2c
	Orange Juice	60	0	0	0	0	0	15	0	14	0	0	30	20	0	F:1/2c BW-PLANT
	Choice of Milk	121	1	1	0	8	139	19	0	17	8	493	0	302	0	
09-21-2021																
	WAFFLES ^	140	5	0	0	0	190	22	0	2	4	0	0	0	1	G/B:2sv WG
	Mixed Fruit Cup	52	0	0	0	0	5	12	1	10	2	5	3	5	0	F:1/2c BW-PLANT
	Apple-Cranberry Juice	60	0	0	0	0	15	13	0	12	0	0	0	0	0	F:1/2c BW-PLANT
	Syrup	80	0	0	0	0	10	20	0	10	0	0	0	0	0	
	Choice of Milk	121	1	1	0	8	139	19	0	17	8	493	0	302	0	
09-22-2021																
	CHICKEN BISCUIT ^	245	8	1	0	12	465	33	4	5	12	0	0	68	2	MMA:1oz G/B:2.25sv WG
	Fresh Apple	64	0	0	0	0	1	17	3	13	0	4	6	7	0	F:1c
	Honey	25	0	0	0	0	0	7	0	7	0	0	0	0	0	
	Choice of Milk	121	1	1	0	8	139	19	0	17	8	493	0	302	0	
09-23-2021																
	EGG & CHEESE ON ENGLISH MUFFIN ^	210	9	4	0	112	375	23	2	2	10	0	0	130	1	MMA:1.75oz G/B:2sv WG
	Fresh Banana	105	0	0	0	0	1	27	3	14	1	23	10	6	0	F:1/2c BW-PLANT
	Blended Fruit Juice	60	0	0	0	0	10	14	0	13	0	0	0	0	0	F:1/2c BW-PLANT
	Grape Jelly	40	0	0	0	0	0	9	0	6	0	0	0	0	0	
	Choice of Milk	121	1	1	0	8	139	19	0	17	8	493	0	302	0	
09-24-2021																
	CHERRY BREAKFAST BAR ^	160	6	1	0	0	125	27	2	9	3	0	0	12	1	G/B:1.25sv WG
	String Cheese	80	5	3	0	15	200	0	0	0	7	200	0	200	0	MMA:1oz
	Fresh Apple	64	0	0	0	0	1	17	3	13	0	4	6	7	0	F:1c
	Choice of Milk	121	1	1	0	8	139	19	0	17	8	493	0	302	0	
09-27-2021																
	CINNAMON TOAST CRUNCH ^	120	2	0	0	0	160	22	3	6	1	300	4	60	2	G/B:1sv WG BW-LS

	Vanilla Waffle Square	110	4	1	0	0	40	17	1	5	2	0	0	0	0	G/B:1sv WG
	Craisins	110	0	0	0	0	0	27	2	24	0	0	0	0	0	F:1/2c
	Grape Juice	60	0	0	0	0	15	14	0	13	0	0	0	0	0	F:1/2c BW-PLANT
	Choice of Milk	121	1	1	0	8	139	19	0	17	8	493	0	302	0	
09-28-2021																
	CHEESY EGG TATER TOT-CHOS	213	12	4	0	47	585	21	2	3	7	72	2	122	0	MMA:1oz V:1/2c S
	Graham Crackers ^	90	2	0	0	0	100	17	1	4	2	0	0	10	1	G/B:1sv WG
	Orange Juice	60	0	0	0	0	0	15	0	14	0	0	30	20	0	F:1/2c BW-PLANT
	Choice of Milk	121	1	1	0	8	139	19	0	17	8	493	0	302	0	
09-29-2021																
	FRENCH TOAST STICKS ^	260	8	1	0	10	290	42	2	14	6	0	0	24	1	G/B:2.25sv WG
	Fresh Apple	64	0	0	0	0	1	17	3	13	0	4	6	7	0	F:1c
	Syrup	80	0	0	0	0	10	20	0	10	0	0	0	0	0	
	Choice of Milk	121	1	1	0	8	139	19	0	17	8	493	0	302	0	
09-30-2021																
	PANCAKES ^	130	2	0	0	5	240	26	3	6	4	0	0	63	1	G/B:2sv WG
	Fresh Banana	105	0	0	0	0	1	27	3	14	1	23	10	6	0	F:1/2c BW-PLANT
	Apple-Cranberry Juice	60	0	0	0	0	15	13	0	12	0	0	0	0	0	F:1/2c BW-PLANT
	Syrup	80	0	0	0	0	10	20	0	10	0	0	0	0	0	
	Choice of Milk	121	1	1	0	8	139	19	0	17	8	493	0	302	0	

Meal Contributions : M/MA = Meat/Meat Alternate F = Fruit V = Vegetable G/B = Grain/Bread W/G = Whole Grain
Vegetable Types : DG = Dark Green R/O = Red/Orange L = Legumes S = Starchy O = Other
BeWell Types : BW-PLANT = Plant-Based BW-GF = Good Fat BW-LPP = Lean/Plant Protein BW-LS = Less Sugar
BW-HF = High Fiber Food BW-PRO = Probiotics

	Orange Juice									
	Syrup									
	Choice of Milk	X								
09-17-2021	[Redacted]									
	STRAWBERRY YOGURT	X								
	Granola ^									
	Fresh Apple									
	Choice of Milk	X								
09-20-2021	[Redacted]									
	APPLE CINNAMON CHEERIOS ^									
	Graham Crackers ^						X	X		
	Craisins									
	Orange Juice									
	Choice of Milk	X								
09-21-2021	[Redacted]									
	WAFFLES ^	X	X					X	X	
	Mixed Fruit Cup									
	Apple-Cranberry Juice									
	Syrup									
	Choice of Milk	X								
09-22-2021	[Redacted]									
	CHICKEN BISCUIT ^	X						X	X	
	Fresh Apple									
	Honey									
	Choice of Milk	X								
09-23-2021	[Redacted]									
	EGG & CHEESE ON ENGLISH MUFFIN ^	X	X					X	X	
	Fresh Banana									
	Blended Fruit Juice									
	Grape Jelly									
	Choice of Milk	X								
24	[Redacted]									

